



Finding and Achieving Your Goals

Welcome! I trust you'll put these top ten lists to good use. Please note you are licensed to forward these lists to up to five people. Please ask if you wish to share them with more than five people.

Best Regards,

David Wood

david@lifecoachingresource.com

www.lifecoachingresource.com



[Top Ten Tips for Committing to Action](#)

[Top Ten Things MISSING in Achieving Your Goal](#)

[Top Ten Tips for Setting and Achieving Goals Which Make a Difference](#)

Top Ten Tips for Committing to Action

1. Choose something you really want – not something you think you SHOULD do.
2. Set a goal which is specific and measurable – so you know you've reached it!
3. Find a way to make it fun (it doesn't have to be serious).
4. Choose a meaningful half-way mark or mile-stone and ~celebrate~!
5. Have a friend do it with you.
6. Tell everyone what it is – it doesn't exist until people know about it.
7. For the tricky ones, have three friends check in with you to see how you're going.
8. Schedule a regular time of day or day of the week for your action.
9. Put up a banner or screen saver reminding you of the benefits of your goal.
10. Hang out with people who have the same or similar goals!!!

Top Ten Things MISSING in Achieving Your Goal

1. A clear enough picture of ~what~ you want, and by ~when~.
2. A Plan
3. A goal you really WANT!
4. A big enough goal. Try doubling it!
5. Disciplined Action (How many of us know what needs to be done? See "[Top Ten Tips for Committing to Action](#)" above)
6. A Coach (this can be a friend, colleague, mentor, or ideally, someone completely unbiased, to give you regular support, challenge and focus)
7. Something you need to give up (your position, your anger, letting fear stop you, your comfy comfort zone, needing people to like you or agree with everything, a belief you don't deserve it)
8. Permission. (What are you not giving yourself permission for? e.g. to make mistakes, to succeed.)
9. Support. (Are you hanging around with people with the same goal? People who want you to achieve it?)
10. Other areas of your life are not strong enough to support you (finances too weak, energy low, poor support network).

Top Ten Tips to Setting and Achieving Goals Which Make a Difference

1. Pick a goal which excites you - not something you think you SHOULD have.
2. Would you choose this if you only had 12 months to live? Reassess your priorities.
3. Make it real by being specific: by when will you have it? How many, what colour? How will you feel?
4. Will this goal fulfill you, or just be another thing to have? Is it thing related, or people related? Spiritual? Something which expresses who you really are?
5. What are the key milestones to achieve along the way. Again, be specific.
6. Work out how to make it fun - be creative. e.g. a picture of the dream body you will become on your wall.
7. Broadcast it. Commit to this by telling three key people you will do this, announcing it via email, and putting a display up on your wall. (If you're concerned about failure or how you'll look, work with a coach).
8. Don't play Lone Ranger. Write your list of what who and what you have access to which could help you.
9. Write your list of what needs to be done to achieve the first mile stone.
10. Put your support structures in place to help you achieve this (e.g. a buddy doing the same thing, a coach, diarised action steps at specific times)

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